



Oneida Special School District Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Oneida Special School District.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Oneida Special School District that includes:

- School Health Advisory Committee
- Three Healthy School Teams
- School Health Policies strengthened or approved include a Mental Health Memoranda of Understanding with the Children's Center of the Cumberland's, St. Mary's of Scott County, Ridgeview Mental Health Facility, and S.T.A.N.D. (Schools Together Allowing No Drugs – a coalition of community organizations, businesses, and individuals focused on the health and well-being of the youth in Scott County, Tennessee)
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$134,407.67.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Appalachian Life Quality Initiative | ➤ Operation Sharing |
| ➤ Children's Center of the Cumberlands | ➤ National Guard – rock wall |
| ➤ STAND Coalition | ➤ Oneida Elementary PTO |
| ➤ Boys and Girls Club of Scott County | ➤ Best Buddies |
| ➤ Special Olympics | ➤ Roane State Site Committee |
| ➤ Lions Club | ➤ Scott Appalachian Industries |
| ➤ U. T. Extension office | ➤ St. Mary's of Scott County |
| ➤ Scott County Health Department | ➤ Ameri-Choice |
| ➤ Tennessee Technology Center | ➤ Mountain Peoples Health Council |
| | ➤ Scott County Health Department |
| | ➤ Scott County Dental Clinic |
| | ➤ Town of Oneida |
| | ➤ Scott County Sheriff's Department |
| | ➤ Scott County Health Council |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include health screenings, sports physicals, and the elementary school's Field Day. Currently, 20 parents are collaborating with CSH.

Students have been engaged in CSH activities such as our elementary school's Field Day and student government participating in discussions concerning physical activities and nutrition. Approximately 20 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Oneida Special School District, the following health interventions have taken place: reduction of obesity rates, provision of free breakfast to students, increased amounts of physicals for student athletes, and additional space/equipment for after hours physical activities.

School Health Screenings and Referrals to Health Care providers – dental screenings/referrals 823/62; blood pressure screenings/referrals 868/0; vision screenings/referrals 658/11; hearing screenings/referrals 668/8; BMI screenings/referrals 606/139);

Students have been seen by a school nurse and returned to class – 1,823/1,549 for the 2010/2011 school year;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA: Overall, our rates of students who are at risk for obesity have remained the same – 09/10 (23%); 10/11 (23%); with the exception of boys – 09/10 (26%); 10/11 (25%); and comparing elementary students [hopefully, re-educating students early] – 08/09 (24.7%) to 10/11 (22%);

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include playground equipment for and indoor playroom for kindergarten and pre-school students to meet the needs of Special Education students;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include the UT Extension Office that provided professional development concerning *TN Shapes Up* and calorie counting. Coaches participated in an online coaches training program as well as participating in injury prevention and safety professional development during the month of August.

School faculty and staff have received support for their own well-being through the following activities. The staff has been provided staff development concerning team building in regards to physical activity, calorie counting, and group type exercise activities. The elementary staff participated in Wii Fit, Dance, Dance, Revolution, Zumba fitness, and walking in teams at the nearby walking track. The high school staff participated in staff hikes and several member of the staff walk with a "buddy" during their planning periods. The middle school staff participated in jogging. Two of the staff members entered into mini-marathons. Most of the activities that were not during planning periods were done immediately after school – where high school students (who had not left the parking lot) could see their example of being fitness minded.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues

- Health Education Interventions – safety and injury prevention and First Aid and A.E.D. Training, playground safety and staff development at the elementary level, Michigan Model provided to the third grade students, germ city was provided to

elementary students concerning germs/hand washing by UT Extension Office. The Healthy School Teams have revisited the asthma and allergy response plans at the Oneida Elementary School. The safety teams put a reunification plan into effect at all three schools after a crisis. Safety meetings were held biannually by the assistant principals at our three schools. Diabetes prevention and awareness was provided to the staff by the Scott County Health Council;

- Physical Education/Physical Activity Interventions – four basketball goals were added at the elementary school. The CSH coordinator participated with Little League (basketball and softball) to get information into the Oneida schools;
- Nutrition Interventions – free breakfast for all students beginning January 1, 2011. Oneida High School removed all calorie drinks from their vending machines. Salad bars were added to the lunch menu for Oneida Elementary, Middle, and High Schools for a total of two per week. Tossed salads are now offered EVERY day at the middle/high school;
- Mental Health/Behavioral Health Interventions – mental health meetings were held as a collaboration which led to the S.T.A.N.D. Coalition. This consists of S.T.A.N.D. (Schools Together Allowing No Drugs), which consists of counseling, Children's Center of the Cumberland, which provides counseling pertaining to mental health and child abuse and Ridgeview Behavioral Health.

Other accomplishments include the Olweus Anti-Bullying Program that was established and implemented for the 2010-2011 school year. All teachers, administration, and support staff received training in the months of July and August 2010. The program adds an educational component to our mental health curriculum and addresses appropriate social interactions that teach our students how to be compassionate and accepting of all people.

The Coordinated School Health program for Oneida Special School District has successfully established and implemented the community partnerships that have not only increased parental involvement but has positively impacted the physical and mental health of all students in our district which has resulted in a 95.9% school attendance rate for the system.

During the 2010- 2011 school year, the partnerships previously listed have supported and strengthened the Coordinated School Health Program in the Oneida Special School District program. In a community where the unemployment rate is almost at 20%, the district has one of the highest poverty rates in the state of Tennessee. Partnerships have provided educational, mental, dental, and physical health services for many children who would not have the resources for necessary treatments due to lack of financial resources.

In such a short time, CSH in the Oneida Special School District has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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